POULTRY AND GAME

87. STEWED PIGEON.—Prepare the pigeon as for roasting, and sprinkle it with flour. Melt the butter in a stewpan, and when boiling put in the pigeon until it is quite brown all over. Then take it out and separate it from all the grease. Put the stock into the pan, and when it is warm replace the pigeon. Put the lid on the pan and let the pigeon stew gently for about two hours. When tender place it on the toast. Boil up the gravy left in the pan quickly and pour it round the pigeon. Garnish with either watercress or parsley.

1 pigeon, ½ pint of stock, a small piece of butter, a pinch of flour, a slice of toast (small), pepper and salt

88. ROAST PIGEONS.—Draw, singe and truss the pigeons, lard the breasts, roast in a hot oven, basting frequently from twenty to thirty minutes, serve on squares of toast with bread sauce and gravy. A plain French salad of lettuce dressed with oil and vinegar can also be served.

Pigeons, larding bacon, toast, butter, bread sauce, gravy

89. BOILED FOWL.—Draw and truss the fowl, taking care to loosen the skin of the legs and to push them well up inside the body. Put it into hot stock, having first wrapped it in buttered paper with 2 slices of lemon on the breast. Simmer gently till tender. When cooked lift out on to a hot plate, drain and remove string and paper, place on a hot dish, coat with béchamel sauce, decorate with yolk of egg, put through a sieve and
chopped parsley, garnish the dish with lemon and parsley and the cups of white of hard-boiled egg filled with vegetables. Serve with boiled ham or bacon.

1 fowl, stock to cover, 1 pint béchamel sauce, lemon, 1 hard-boiled egg, chopped parsley, salt and pepper, boiled bacon or ham

90. CHICKEN CROQUETTES.—Mince or chop the chicken finely, add the chopped ham and parsley, cook the flour in the butter, add the white stock and cook till it thickens, add to the chicken and ham, season well with salt and pepper and a squeeze of lemon juice, place on a wet plate, divide into equal portions, set aside to cool, form into cork shapes, using a little flour or bread crumbs, coat with egg and bread crumbs, fry in hot fat. Serve on a hot dish with a fancy paper, garnish with fried parsley.

1/2 lb. cooked chicken, 2 oz. ham, 1 oz butter, 1 oz. flour, 1 gill white stock, 1 teaspoonful chopped parsley, little lemon juice, salt and pepper, egg and bread crumbs

(Enough to make six croquettes)

91. FRICASSÉE OF CHICKEN.—Cut the chicken into neat joints, place in a stewpan with onion, mace, herbs and strip of lemon peel, add the white stock and simmer very gently till tender, cook the flour in the butter, add the stock the chicken was cooked in and the milk, stir till it boils, season well with salt and pepper and lemon juice, put back the joints of chicken, serve with a rose border of mashed potato, garnish with cut lemon and parsley. Cold boiled fowl can be served in this way, using the liquor it was boiled in.

1 chicken, 1 onion stuffed with cloves, 1 blade of mace, bunch of herbs, 1 lemon, 2 oz. butter, 2 oz. flour, 1/2 pint white stock, 1/2 pint milk, salt and pepper

(Enough for six or seven people)
92. Roast Partridge.—Pluck, singe and draw the birds, truss firmly, making them look plump, roast for 30 minutes, basting frequently. A slice of fat bacon can be tied on the breast to keep them moist; remove it and flour and froth them well a few minutes before dishing. Dish on croûtons of toast, garnish with watercress, serve with bread sauce and fried bread crumbs (see Roast Pheasant).

1 brace of partridges, a little fat bacon, gravy, bread sauce, watercress, fried crumbs, croûtons of toast

(Enough for three or four people)

93. Roast Pheasant.—Pluck, singe and draw the pheasants, scald and skin the legs, removing the claws, wipe with a damp cloth, put a small piece of butter with pepper inside, truss for roasting, tie some pieces of fat bacon over the breasts, cook for about 1 hour, basting frequently, remove the bacon, dredge with flour and cook again till brown and frothy. Remove the string, place on a hot dish, garnish with watercress. Serve with bread sauce, fried bread crumbs and some good gravy.

For the Fried Bread Crumbs.—Melt some butter in an enamelled frying-pan, put in some white bread crumbs, stir them carefully over the fire until they are nicely browned, drain them on paper, place in the oven for a few minutes. Serve on a lace paper.

1 brace of pheasants, fat bacon, little butter, gravy, bread sauce, fried bread crumbs, watercress

94. Roast Grouse.—Pluck, singe and draw the grouse, wiping thoroughly with a damp cloth (game should never be washed), put a small piece of butter with a little pepper and lemon juice inside the birds, truss for roasting. A slice of fat bacon and a vine leaf or two should be wrapped over the breast of each bird.
Roast in the oven or before the fire, baste frequently, remove the bacon and froth just before dishing. Place on a hot dish on a croûton of toast, which should be made and put under the grouse in the dripping-pan, garnish with watercress and serve with bread sauce and browned bread crumbs.

Grouse, butter, fat bacon, gravy, bread sauce, browned bread crumbs

95. Boiled Rabbit.—Skin and cleanse the rabbit, slit the thighs so as to be able to draw the legs forward, turn the head to the right side, pass a skewer through the legs, shoulders and out through the head, keeping the rabbit as flat as possible. Boil gently for about 1 hour. When tender place on a hot dish, remove the skewers and string, coat with parsley sauce, garnish with the liver boiled and finely chopped. Onion sauce can be used instead of parsley sauce if liked. Serve with boiled bacon or pork.

1 rabbit, 1 pint white sauce, chopped parsley, bacon or pork
(Enough for four or five people)

96. Stewed Rabbit.—Skin and wash the rabbit, cut into neat joints, melt the butter or dripping in a stewpan, fry the chopped onion a nice brown, remove it, dip the rabbit into flour and fry, take out the joints and brown the flour, taking care it does not burn, add the stock, stir till it boils, put back rabbit, onion, add the herbs, simmer gently for three hours, season well, place joints in centre of a hot dish, strain the gravy over.

1 rabbit, 1 onion, 2 oz. butter or dripping, 2 oz. flour, 1 pint of stock, bunch of herbs, salt and pepper
(Enough for five or six people)

97. Crème of Rabbit.—Take the meat from a rabbit and pass it through the mincing machine three or four
times, then add 1 pint of béchamel sauce to it. Mix the rabbit well with it, and pass it through a wire sieve; butter a plain mould with a hole in the middle, and put in the mixture. Season it nicely and steam for 20 minutes. When done, turn out immediately or it will fall; serve Hollandaise sauce around.

98. Quenelles of Rabbit.—Take the meat from a rabbit; soak ¼ lb. bread in water, and wring it through a cloth. Put into a saucepan about 2 oz. of butter, a bay leaf and a little onion, pepper and salt, and stir over the fire for 5 minutes. Pass the meat of the rabbit through the mincing machine four or five times, then when cold add the yolks of 2 eggs, bread pounded to the rabbit, and pass it through a coarse wire sieve, then mould the quenelles in a dessert-spoon, shaping them nicely in the spoon. Dip a knife in cold water, and smooth them nicely, then put them into a sautépan with boiling water (about half covering them). Butter a paper and put them in the oven for ¼ hour. When done, dish them on a border of potato and pour béchamel sauce over them, sprinkling chopped truffles over the top, and serve. Quenelles of chicken can be done in the same way.